

BEH PODCAST – EPISODE 14

HOW MUCH MICROSTIMULATION DO I NEED EACH DAY

Dr. Miller: A participant also asked, “is it safe to do extra microcurrent stimulation a day?” That’s a good question, is it safe or is a good idea to do microcurrent stimulation a day?

The machine runs for five minute cycles. The recommendation is that you do four of those five minute cycles in the morning and four in the evening. That’s more than some clinicians recommend, but that’s what we recommend in this program. I occasionally might recommend doing more than those twenty minutes, but if you have a lot of extra time in your life, rather than just doing more and more microcurrent stimulation I would add in other things to support your health. Do some yoga. Go for a walk. Do some stretching, meditation, or stress management.

There are a lot of things that will benefit your health in general, but may not be a specific part of the program. So, if you have a lot of extra time I would be doing those things rather than just adding more microstim. If you’re actually doing 40 minutes of microstim a day that’s enough, unless I tell you differently and nobody on this call today needs more than that.